



Virginia Green Restaurants

Profile:



Cranberry's Grocery and Eatery Staunton, Virginia



Virginia Green is the Commonwealth of Virginia's campaign to promote environmentally-friendly practices in all aspects of Virginia's tourism industry. **Virginia Green Events** have been thoughtfully planned and designed to minimize the event's impacts on the environment. This event has met the established "core activities" for *Green Events* and has committed to communicate its activities to its participants. Below is a list of this event's "green" activities that participants can expect.

Cranberry's Grocery and Eatery

"Cranberry's Grocery & Eatery is a natural foods restaurant and store located in historic downtown Staunton -- just around the corner from the Shakespeare theatre. We are a breakfast and lunch place known especially for our juice bar, wraps, and locally-roasted coffees. We are also a small organic grocery and apothecary. We have sort of been "chipping away" at going green since we opened in 2003, beginning with removing carpet to expose the original, less-toxic hardwood floors, making use of a lot of natural light, and bringing in live plants to improve the air quality. We keep gradually expanding our efforts to reduce our carbon footprint as additional ideas occur to us and/or become affordable."

Virginia Green Activities. When visiting Cranberry's Grocery and Eatery, you can expect the following practices:

CORE ACTIVITIES for Restaurants

- ☒ **Recycling and Waste Reduction.** Glass bottles must be recycled by Green Restaurants, but other recycling is highly encouraged as well.
 - Recycle: Glass, Steel Cans, Aluminum Cans, Plastic, Toner Cartridges, Newspaper, Egg Cartons, Plastic Bags
 - Compost coffee grounds
 - Track overall waste bills
 - Effective food inventory control to minimize wastes
 - Locally grown, organic and sustainable-grown foods
 - Use non-bleached napkins and coffee filters
 - Use recycled-content paper towels and toilet tissue
 - Use "green" cleaners
 - Last in/first out inventory
 - Use least toxic materials
- ☒ **Styrofoam and Disposables Reduction.** Green Restaurants should reduce if not eliminate the use of Styrofoam and disposables. If you must use disposables, use products that are bio-based, paper, or recyclable.

- ☑ **Grease Recycling.** Grease should be collected and recycled. Grease filtering companies can also greatly reduce the amount of grease waste.
 - No grease used
 - ☑ **Water Efficiency.** Restaurants should have a “plan” for conserving and using water efficiently.
 - Track overall water usage and wastewater
 - Preventative maintenance of drips and leaks
 - Wash dishes by hand
 - Encourage dry cleanup over water-based
 - ☑ **Energy Conservation.** Green Restaurants should have a “plan” in place to reduce overall energy consumption.
 - Track overall energy bills
 - Purchase **EnergyStar** computers and appliances
 - Use ceiling fans and natural lighting
 - High Efficiency Heating and Air Conditioning (HVAC)
 - High efficiency compact fluorescent light bulbs in all canned spotlights
 - High efficiency fluorescent ballasts and lamps
 - Easy to clean hardwood floors
 - Recycled furnishings and equipment
 - Encourage customers to reuse coffee bags and java jackets
 - Encourage customers to bring their own shopping bags
 - Lots of live plants
 - Separate HVAC and control for upstairs meeting room
 - Clean table tops with vinegar and water solution
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For more information on **Cranberry’s Grocery and Eatery**, see www.GoCranberrys.com
or <http://KathleenAtCranberrys.blogspot.com>
or contact **Kathleen Stinehart** at cranberry@ntelos.net.

For more information on **Virginia Green** program, see www.deq.virginia.gov/p2/virginiagreen.
Click on “Restaurants” to see other Green Restaurants.



Virginia Green is a partnership supported by the Virginia Department of Environmental Quality, the Virginia Hospitality & Tourism Association, and the Virginia Tourism Corporation.

